

WATER FITNESS

Aquatic Body Conditioning (ABC)–This is a total body conditioning class; Multi-level, low impact, cardio respiratory workout held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

Mon/Wed/Fri 8:00am-9:00am
Tuesday & Thursday 5:30pm-6:30pm

Arthritis: This class is approved by the Arthritis foundation. Specially trained and certified instructors lead this class. Participants perform gentle stretching and strengthening exercises in the water. Movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range-of-motion. Arthritis is not necessary to enroll in this class.

Mon/Wed/Fri 9:15am-10:15am

Adults/Seniors \$3.50/class
DISCOUNT PASS \$30.00/10 Classes

YOUTH WATER POLO (ages 9– 17)

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. **Begins Sept. 8th**



Tuesday & Thursdays

6:30pm-8:00pm \$27.00/Month

(Fees are due at the beginning of each month)

Spring Season will begin April 4, 2016

YOUTH SWIM TEAM (ages 6–17)

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills course or Pool Manager's approval. **Begins Sept. 9th**

Mon/Wed/Fri 6:00pm-7:00pm

\$27.00/Month

(Fees are due at the beginning of each month)

RENTALS

All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit

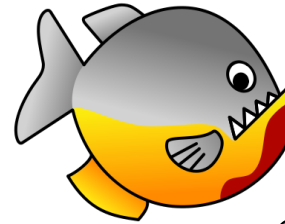
<http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

DONATIONS

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division. (619)525-8235.



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



Kearny Mesa Pool

3170 Armstrong St. San Diego, CA 92111

(858)573-1389 ♦ www.sandiego.gov

Fall 2015/Spring 2016

September 7, 2015-June 24, 2016

(Closed October 12, 2015 thru January 3 2016)

Lap Swim

Mon/Wed/Fri	7:30am-10:30am
Mon-Friday	3:00pm-6:00pm
Saturday	12:00pm-3:00pm

Recreational Swim

Mon-Fri	3:00pm-6:00pm
Saturday	12:00pm-3:00pm

May 30, 2016 12:00pm-3:00pm

Facility Admissions

Child/Disabled/Senior	\$2.00
Adults (16 & older)	\$4.00

Discount Passes

Adults (16 & older)	\$85.00 / 30 swims
Adults (16 & older)	\$30.00 / 10 swims
Child/Disabled/Senior	\$40.00 / 30 swims
Child/Disabled/Senior	\$15.00 / 10 swims

- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



All City of San Diego Parks, Pools and Beaches are Smoke Free.

All Aquatic Programs, Schedules and Fees may change due to enrollment and/or be cancelled without notice

POOL CLOSURES –October 12, 2015 to January 3, 2016; January 18, February 15, March 31, May 6 and June 4, 2016.

Please visit our other City Pools during the closure period. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims, Water Fitness, Learn to Swim classes, Youth Swim Team and Water Polo. For a listing of all 13 City of San Diego Pools for programs, locations and closure periods visit

<http://www.sandiego.gov/park-and-recreation/centers/aquatics/index.shtml>

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

SWIMMING LESSONS

ON LINE REGISTRATION

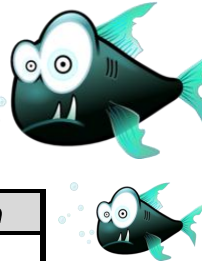
On-line and walk-in registration opens at **12:00 p.m.** on the registration dates listed beside session dates. **Log on to SDRecConnect.com** to create an account, register for a class or to view class schedules. After creating an account for yourself, add your family members. **Pool staff is available to provide assistance with all on-line and walk-in registration concerns.**

Effective September 8, 2015, service fees will apply as follows for all transactions. For Online Registrations, \$2 Transaction fee and 3% Processing fee will be charged for every transaction. For In-house Registrations, \$2 Transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable.

8/40 Minute Lessons; Fee \$54.00
Registration opens at 12:00pm (Noon)
Lesson times: 4:00pm & 4:45pm

FALL 2015-SESSION DATES

Session	Session	Registration
Session 1 (M/W)	Sept 14 – Oct 7	Sat., Sept. 12
Session A (T/TH)	Sept 15 – Oct 8	Sat., Sept. 12



LESSON FEES:

Large Group	\$54.00
Small Group*	\$81.00
Semi-Private Lessons* (5/30 minute lessons)	\$151.00
Private Lessons* (5/30 minute lessons)	\$181.00

SPRING 2016- SESSION DATES

Session	Session Dates	Registration
Session 1 (MW)	March 7-30	Sat, March 5
Session A (T/TH)	March 8-April 1	Sat, March 5
Session 2 (MW)	April 4-27	Sat, April 2
Session B (T/TH)	April 5-28	Sat, April 2
Session 3 (MW)	May 2-25	Sat, April 30
Session C (T/TH)	May3-26	Sat, April 30

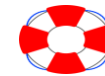
• It is important to enroll your child in the correct class; necessary transfers may result in the change of class days and times. **To ensure your child is enrolled in the correct level please contact pool staff on class prerequisites or level placement.**

• An appropriate swimsuit is required at all times. Swim diapers are required for children under 4 years old regardless of toilet training.

• If you have a child under the age of 7, a parent or responsible adult must remain in the spectator area at all times, during swimming lessons and swim team practice.

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children less than 4 years of age are required to wear a tight fitting "swimsuit diaper". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area; **not in the pool area.** Germs can be spread in and around the pool.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming. Invisible amounts of fecal matter can be spread into the pool.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.



Upcoming Lifeguarding and Water Safety Instructor Classes



Please contact site Pool Manager for fees, dates, times and prerequisites

The Winter Aquatic Vocational Education (W.A.V.E) and (S.A.V.E) Spring Aquatic Vocational Education Programs offers individuals and opportunity to participate in a Lifeguard Training Course offered at an affordable cost. The Program is limited to 30 participants. Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility.

Cost: \$85.00 (\$50.00 class fee and \$35.00 Red Cross certification)

W.A.V.E PROGRAM

Memorial Pool

2902 Marcy Ave, 619-235-1139
 Lifeguarding/Title 22

Saturdays & Sundays
 October 3-November 1
Tryouts @ 9:00am

S.A.V.E PROGRAM

City Heights Swim Center
 4380 Landis Street, 619-641-6126
 Lifeguarding/Title 22

Saturdays & Sundays
 February 20-March 20
Tryouts @ 9:00am

Lifeguard Instructor Course

Vista Terrace Pool

301 Athey Ave, 619-424-0469
 December 2015

Lifeguarding Classes

Swanson Pool

3585 Governor Drive, 858-552-1653
 October /November 2015

Kearny Mesa Pool

3170 Armstrong Street, 858-573-1389
 February/March 2016

Vista Terrace Pool

301 Athey Ave (619)424-4837
 March/April 2016

Water Safety Instructor

Tierrasanta Pool

11238 Clairemont Mesa Blvd
 858-636-4837
 December 2015



REFUND POLICY

Patrons should put extra care into the selection of classes. There are **NO REFUNDS**. Full refunds will be granted only if class is cancelled by the Pool Manager.